



Self-Reflection Questionnaire

To enhance the time you spend with us, particularly the coaching element, we invite you to take some time to reflect on the following questions during your journey with us.

This reflection is your own and you will not be asked to share your responses unless you wish to do so.



Self-Reflection Questionnaire

Who are you?

What makes you smile or bring delight?

Who/what is most important to you?

Who/what are you inspired by?

When have you felt your best, in flow, most alive and most passionate?

What do you like about yourself?

What hardships have you overcome?

What are you afraid of?

What do you really want for your future?



Self-Reflection Questionnaire

Values

Circle the top 5-10 traits, qualities and virtues listed on the right that you most value.

Given what you have circled, what you would consider to be your top 3 values?

- 1.
- 2.
- 3.

Is there any thing you'd like to add to your life to better live these values?

Is there anything you'd like to remove or change from life to better reflect these values?

How will optimising your health enhance your ability to live your values?

FREEDOM	ORDER
POWER	CREATIVITY
LEARNING	RESPONSIBILITY
ADVENTURE	LOYALTY
ACHIEVEMENT	BELONGING
ENERGY	FUN
WEALTH	HEALTH
WISDOM	MEANINGFUL WORK
GENEROSITY	FRIENDSHIP
RECOGNITION	COOPERATION
INNER PEACE	FAMILY
INTEGRITY	CULTURE
AUTHENTICITY	SPIRITUALITY
BEAUTY	JUSTICE
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Self-Reflection Questionnaire

Health

To me, being in good health means:

When I think about optimising my health during my time with Melbourne Functional Medicine, the things I want to better understand, explore and learn about are:

I am driven to optimise my health because:

Worries or concerns I have about my future health are:

Thinking about my ideal future self

In 5 years I will be __ years old. I would like my health to look like:

In 10 years I will be __ years old. I would like my health to look like:

In __ years I will be __ years old. I would like my health to look like:



Self-Reflection Questionnaire

Energy

 ENERGY BOOSTERS I experience the following energy boosters in my life: (circle)	 ENERGY DRAINS I experience the following energy drains in my life: (circle)
Healthy sleep	Poor or insufficient sleep
Regular exercise	Too little exercise/movement
Healthy eating habits	Unhealthy eating habits
Recharging my mind + body regularly	Too much stress or pressure
Maintain a good physical health	Physical health issues
Healthy mindset	Pessimism, mood or emotional challenges
Healthy work relationships	Work relationship challenges
Healthy personal relationships	Personal relationship challenges
Healthy finances	Financial challenges
Job satisfaction	Job challenges
Hobbies, activities, fun or flow	Limited activities where I 'lose track of time'
Time in nature	Too much time inside



Self-Reflection Questionnaire

The PERMA model of wellbeing

Take the PERMA profiler here:

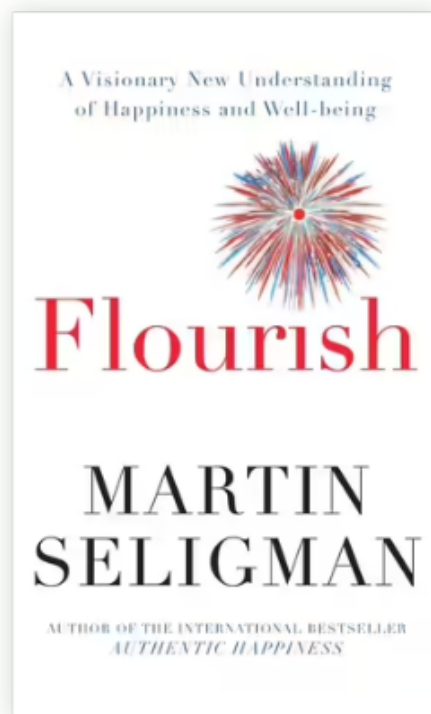
<https://www.purposeplus.com/survey/perma-profiler/>

PERMA is a wellbeing model developed by leading positive psychology researcher Martin Seligman. It encapsulates five elements essential to human wellbeing and flourishing: positive emotions, engagement, relationships, meaning and achievement.

You can take this profiler survey to see your subjective wellbeing score. You may complete this at any time.

If this area of wellbeing is of interest to you, please speak with your health coach about developing optimisation goals in these areas.

Further reading: Flourish, By Martin Seligman:





Self-Reflection Questionnaire

Strengths

Take the VIA Character strengths survey here:

<https://www.viacharacter.org/>

List out your top 5 strengths, also known as your signature strengths:

- 1.
- 2.
- 3.
- 4.
- 5.

Science shows that general wellbeing is enhanced the more you can use your strengths in everyday life. Reflect on the ways you use your strengths in work, life and play:

How could you use your strengths to make the most of your commitment to good health:



Self-Reflection Questionnaire

Gretchen Reuben's Four Tendencies

Learn about your tendency when it comes to meeting expectations.

<https://gretchenrubin.com/books/the-four-tendencies/take-the-quiz/>

What is your tendency?

UPHOLDER

Meets inner expectations
Meets outer expectations

OBLIGER

Resists inner expectations
Meets outer expectations

QUESTIONER

Meets inner expectations
Resists outer expectations

REBEL

Resists inner expectations
Resists outer expectations

What did you learn about yourself in taking this quiz?

How could you leverage your tendency to make the most of your commitment to good health:



Self-Reflection Questionnaire

Identify your saboteurs

Saboteurs are the voices in your head that generate negative emotions in the way you handle life's everyday challenges.

They represent automated patterns in your mind for how to think, feel, and respond. They sabotage your performance, wellbeing, and relationships.

When you can identify and label your saboteur they start to lose their power over you.

Discover yours today:

<https://www.positiveintelligence.com/saboteurs/>



What are your dominant saboteurs?

What did you learn about yourself in taking this quiz?

How could your saboteur be stopping you from making the most of your commitment to good health:

If you wish to explore any of these elements further please feel free to speak with your health coach!